

## DYS - Dysrhythmias

### DYS-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will have a basic understanding of the anatomy and physiology of the heart and cardiac conduction system.

**STANDARDS:**

1. Explain that there are two atria, or upper chambers of the heart that receive blood from the lungs and body and contract at the same time to force blood into the lower chambers of the heart. Explain that there are two ventricles, or lower chambers of the heart that receive blood from the upper chambers of the heart and contract at the same time to force blood to the lungs and body.
2. Explain that there is special tissue in the heart that acts as a pacemaker and stimulates the heart to contract. Explain that there is also special tissue that conducts the normal impulses through the heart.
3. Explain that when there is a malfunction, the normal pacemaker may not work properly, other pacemakers may initiate abnormal impulses or the impulses may not be conducted properly. Explain that any of these may cause abnormal heart rhythms.

### DYS-C COMPLICATIONS

**OUTCOME:** The patient will be able to relate the possible complications, the symptoms that should be reported immediately, and the appropriate actions to prevent complications.

**STANDARDS:**

1. Discuss the possible complications of the particular dysrhythmia, e.g. angina, stroke, CHF.
2. List the symptoms that should be reported immediately, e.g., shortness of breath, dizziness, chest pain, increased fatigue, loss of consciousness.
3. Discuss anticoagulant therapy if appropriate.

### DYS-DP DISEASE PROCESS

**OUTCOME:** The patient will understand what the dysrhythmia is and the signs of the dysrhythmia.

**STANDARDS:**

1. Review the anatomy and physiology of the heart in relation to the patient's dysrhythmia.

- a. Relate how the dysrhythmia occurs.
- b. Describe the symptoms of the dysrhythmia.
- c. List the symptoms that should be reported immediately, e.g., shortness of breath, dizziness, chest pain, increased fatigue, loss of consciousness.

**DYS-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will understand the proper use and care of home medical equipment.

**STANDARDS:**

1. Emphasize the importance of following the prescribed check up and maintenance schedule for implanted or other home equipment.
2. Explain any limitations imposed by the equipment, e.g., exposure to magnetic fields, MRIs, microwaves.

**DYS-FU      FOLLOW-UP**

**OUTCOME:** The patient will understand the importance of fully participating in the treatment regimen and keeping appointments for follow-up.

**STANDARDS:**

1. Discuss the individual's responsibility in the management of the dysrhythmia.
2. Explain the procedure for making follow-up appointments.
3. Review the treatment plan with the patient, emphasizing the need for keeping appointments and fully participating in the medication regimen.

**DYS-L      PATIENT INFORMATION LITERATURE**

**OUTCOME:** The patient/family will receive written information about dysrhythmia.

**STANDARDS:**

1. Provide patient/family with written patient information literature on dysrhythmia.
2. Discuss the content of patient information literature with the patient/family.

**DYS-M      MEDICATIONS**

**OUTCOME:** The patient will understand the type of medication being used, the prescribed dosage and administration of the medication and will understand the importance of following a prescribed medication regimen.

**STANDARDS:**

1. Review proper use, benefits, and common side effects of the medication(s).

2. Emphasize the importance of maintaining full participation in the medication regimen and monitoring schedule.
3. Emphasize the importance of possible drug interactions with foods, drugs and over the counter medications.

**DYS-PRO PROCEDURES**

**OUTCOME:** The patient/family will have a basic understanding of the proposed procedure(s), as well as the risks, benefits, alternatives to the proposed procedure(s) and associated factors affecting the patient.

**STANDARDS:**

1. Explain the specific procedure(s) to be performed, including the risks and benefits of performing the procedure and the adverse events which might result from refusal of the procedure.
2. Discuss alternatives to the proposed procedure(s), including expectant management, as appropriate.
3. Discuss the expected patient/family involvement in the care required following the proposed procedure(s).

**DYS-TE TESTS**

**OUTCOME:** The patient will understand the test to be performed and the reasons for the testing.

**STANDARDS:**

1. Explain the test(s) ordered, e.g., ECG, echo, treadmill, electrophysiological mapping.
2. Explain the indications, risks, and benefits of the test(s).
3. Explain the test as it relates to planning the course of treatment.

**DYS-TX TREATMENT**

**OUTCOME:** The patient/family will understand the therapy and the goal(s) of treatment.

**STANDARDS:**

1. Review the patient's medications. Reinforce the importance of knowing the drug, dose, and dosing interval of the medications, side effects, signs of toxicity, and drug interactions.
2. Emphasize the importance of maintaining full participation in the medication regimen.
3. Explain other treatment options as appropriate (synchronized cardioversion, transcutaneous pacemaker, transvenous pacemaker, or permanent pacemaker).